

# This is what Deepika Padukone has to say on suffering from depression

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Deepika Padukone is one of the finest actresses of the tinsel town who has often talked about her struggle with depression. The actress has formed an organization where people suffering from depression get help. Deepika became a victim of depression after break up with her rumored boyfriend Ranbir Kapoor.

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Deepika has talked about her depression state so many times. While giving an interview, the actress said that every second was a struggle for her. She went on saying that one word that best describes her previous state is a struggle. She always felt exhausted.

Deepika told many times that depression is a clinical condition and no one can control it. People think that if you have everything like fame, money, and family - why you should feel depressed. It is very important to understand the reason for depression.